

The City Connection

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Magazine

WTKR'S

News 3

Dominic

Brown

Rakim
The God
MC

BBC

Cheryl Kelly
Esquire



The City Connection Magazine



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Cheryl Kelly Esquire

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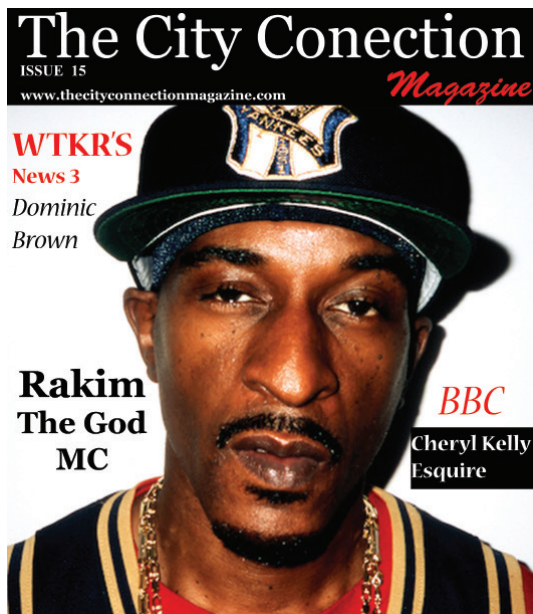


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#Love and Loyalty



The beauty of agreeing to disagree
yet sharing a bond
that is unconditional & forever!

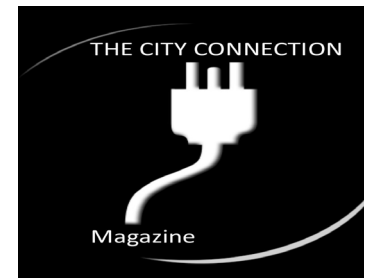
THE HASHTAG LOVE & LOYALTY SHOW



Damian Hamza Taylor Co-host of “The Hashtag Love & Loyalty Show.”

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now available in
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UNI Verse:

The harmony of love's language
& the unification of communication.

Love is a common language, yet and still many aren't able to speak it fluently. Most couples struggle to communicate because of small barriers to express what they feel verbally. This obstacle often leads to unresolved issues that magnify into larger problems. If not resolved in a timely fashion those small issues can bloom into broken relationships that failed because communication failed to verse together as one.

We won't agree on every detail of a

dispute between our love ones. What changes the dynamic of the outcome is how we communicate our dilemma. We have to take in consideration how the opposite party feels about the dispute. We must listen. We must compromise and understand why our significant other is so passionate about their stance in the discrepancy. Communication must have harmony or its song will yield two different tempos of rhythm. Off beat arguments are like bad songs; no one wants to listen to a bad song.

Love is simple. Honoring love's longevity is complex. However, if your language fosters harmony even in complicated challenges, love will prevail and reign supreme. “Fight with a fury & love hard like grandparents!”

Send a subscription to family and friends who are incarcerated email:thecityconnection757@gmail.com for details



POSITIVE KID AWARD



This Month's Positive Kid Award goes to 12 year old **Andraya Trust** of Water's Middle School who just completed the 7th Grade with Honors while subsequently receiving 6 awards for maintaining a 90 or above average for the entire school year. She enjoys praise dancing for New Christian Center in Portsmouth and volunteer work for other youth.

Rakim The God MC By Javone Johnson



The City Connection Magazine

Rakim Allah at the NorVa

JJ: What's movin'? What's movin'? The City Connection Magazine is now in your area. Bringing the spotlight to the urban scene throughout Hampton Roads. Tonight we got a Hip-Hop Legend, It's an Honor to introduce to you The Microphone Fiend" himself The God, Rakim Allah. Peace God, How you doing brotha?

Rakim: Peace God. Peace to the fam. Peace to the Nation. Peace to VA. What's good?

JJ: Yeah man, I see you tore it down tonight at the NorVa with an historical performance man. I mean, how you feel right now?

Rakim: It's a blessing to be able to come through and get that love. Everything that happened tonight, I've logged in my memory bank man and keep it dear to my heart and count my blessings every night man word up.

JJ: Word up, you know, a lot of brothas have gotten awaken to the Nation of Gods and Earths. What was your first experience like coming into the self-awareness?

Rakim: Man. Yo, back in [the day] You know this is no exaggeration I know everybody tries to make their story sound [good], you know glorify their story. Coming up where I was living at it wasn't the worst hood in the world, but it was tough. I was at the point in my life where I knew I needed something to help guide me to where I needed to be. I caught my first gun charge at 11 years old. I knew I needed something to guide me, I knew I was headed for destruction. To make a long story short, I was hanging out one day

and the God came through the neighborhood and was getting on the train, trying to get back home. At the young age, I grew up quick, I knew what it was make a long story short, you can tell when somebody come through and be like, "Yo man, you got any change? I'm trying to get home. I just ran out of gas, etc." But for some reason, this brotha that was coming through my neighborhood needed some change to get on the train to get home and then he started speaking to us. When he started speaking I knew this brotha was sincere and it wasn't no BS. I was hanging out with this brotha that just passed away and this story is documented 'cause I said it before this brotha that just passed away, his name was Jeffrey Webb, I called him JDub; me and him was hanging out. We were slick to the game, his brotha was an OG, and my brotha was an OG so you know we were little kids so we knew. When this brotha came through, it was like yo, he started speaking to us God and we heard it. On everything I love man, we little – we young kids, I might have had \$1.75; my man may have had \$3.00 on him. We dug in our pockets and gave this brotha everything we had in our pockets 'cause when he started speaking G, it sounded so sincere, it sounded so conscious, we gave this brotha everything in our pocket. When we gave it to him and when we walked away, we felt good, didn't know what was going on. As the time goes on and I'm growing at a fast rate, I caught a gun charge, 11 years old, 12 years old, and going through the city of the fast pace, you start relating back and thinking like, "where did I go wrong?" then you start seeing these people that you met and that God kept popping up in my head man because I knew he had something that I needed. Maybe a couple years after that, I finally realized what it was, was Islam. I didn't know what this brotha was speaking to me that day, years later I found out it was Islam. From that point, I started pursuing it. I'm from Long Island, New York. It's a lit-

tle different from inner city. At that point, if somebody wasn't going in the city getting it first hand and coming back to the hood like "Yo, this is what's up" you didn't know. So, the Gods and Earths came to my part of Long Island a little you know late. I would say I grasped what was really going on I may have been in ninth grade, tenth grade. Once it hit long island and I realized what it was and I heard brothas speaking and it related me back to that day when I met that brotha, I knew what it was and I grasped on. And from that day, it was like 1985 man and ever since that day it's been a blessing and I just feel so good to be able to say that my name is Rakim Allah. *Ra* means Sun God, *Kim* was another word for Egypt back in the day it was Kemet, land of the burnt faced people. To you know go through my journeys man and to get it the way I got it, you know struggles in between, that's what straightened me out and made it possible for me to write conscious rhymes. In other words, that's what made it possible for me to come in everybody's living room because without that universal pen, I would have been just like the rest of them, no disrespect to nobody. I strongly believe what I know and what I learned is the reason why I'm here. I know you never had nobody answer a question in five minutes, but you asked the right question my brotha and that's what's up man.

JJ: Listen man, that was very powerful man and the insight that you gave is valuable. For the simple fact that you are bringing a science and way of life to the modern generation that we have now to the computer chip babies, the Facebook babies, the social media babies, who with no disrespect at times the only book they read is Facebook. You know, the hardback is almost obsolete that's why it's so important that we keep that City Connection out there to get people to still flip a page and feel the texture you know?

Rakim: Tangible, yes sir. God, it's like you said Facebook maybe the only book they

reading right now but if they really understood that entertainment is entertainment that's what Hip-Hop is, but I can't live off of Hip-Hop 24/7. You know Hip-hip is therapeutic to me when I get on some of my lows or when I'm feeling good. We like to hear a little music, when you in that nostalgic mood; you want to throw on some classic music, to remind you of [back then] you know that's music, that's what music do, but it can't be 24/7; that's just like when you on the Internet entertaining yourself you know YouTube, hip-hop info, checking on the city, do things that's informal, take it in very deeply. What we're doing on the Internet a lot of times on the Internet that's entertainment, but there's so much information on the Internet man. If I had a laptop when I first started studying mathematics [Woo!] like y'all don't understand the information that y'all have at your fingertips man. Yo we had to go to the library man, anything we wanted to read anything. If nobody came through the hood with literature in they hand and 9 times out of 10 they wasn't burning no copies of that man. So you had to speak and be accounted for before anybody gave you any degrees or plus degrees. You had to go up and open your mouth and they say, "Alright shorty you studying? Alright here, go read this and come back to me next week and make sure you understand that 'cause if I ask you a question on it you answer it" and that's what it was. It was very conscious, but it was coming into the neighborhood at such a slow rate

where it wasn't just poppin' up on your table or poppin' up on your Internet page, where you pop up on your Internet and [open it]. It wasn't doing that; we had to go get it, but now I mean I can go on my Internet man. I study quantum physics on my Internet man. I study like, whatever I need. I study the ley lines on the Internet man. I can tell you how all of the monuments are lined up in a perfect line. A straight line across the globe, how did they line all these monuments up in one line and why did they do it? But this is what the information that I get off the Internet. Listen man, if I had what I had now then, right now I'd probably be you know sitting next to Farrakhan trying to figure out what we can do to you know make things better man. I'm just saying that the information on the Internet is so massive that you know it's right there at your fingertips and its so important. You know every now and then put the YouTube to the side, put all them you know what happened in the hood or the funny entertaining things that's on the Internet and you know hour or two, three hours cool, then get that out the way. Then think of something you always wanted to know the answer to, Google it man. Its right there for you, you'd be surprised what pop up, aight. You know that's just understanding what it was and understanding the outlets and what y'all have now and really y'all are in a better place than we were then though the streets and music was more conscious then. So I think that the kids just have to understand and if they need

people to let 'em know that they can get it and go get it and people like yourself and hopefully people like myself and you know we can let them know that it's a whole lot more on the Internet that can entertain 'em, you know.

JJ: God, you know music has taken a U-turn so to speak, but the U-turn usually brings you back to the origin. But this particular U-turn took us into an actual different place. How do you feel about the current state of hip-hop now or just the industry?

Rakim: That's a good question man. Of course being an artist you know in the era that I came from, we want to see a little more conscious music. We want to see you know the younger artists understand the movement to the fullest. We want to make sure that its going to still be pure and last, not be a fad, not play out, not submit to anything, and not water itself down and that scale is important. You know, coming from where I come from in hip-hop, a successful hip-hop artist, all he had to do was sell gold, you know what I mean? Then time goes on and hip-hop artists are selling platinum, double platinum, and quadruple platinum. So as an artist coming from where it was minimal where we thought it was so important and we was trying to push to get the world feel us man. Coming from that era to see the business side of hip-hop now you know I feel good that it's lucrative and

we wanted it to be important and lucrative when it first started. We was in basements, you know we could barely get in big arenas we wanted it to be just as important as R&B, Rock and Roll, and Jazz. So coming from that era to see it being lucrative now it's a good feeling. Just hope that it gets a little more conscious and that the artists really understand the power that they have and understand the people that they influencing man. 'Cause it's like you know all this might be writing rhymes and he just might be on some young, get money, but you have no idea when people get attracted to what you doing they start listening to your rhymes, you draw them in and you become what people call a role model man. So understand that the kids are listening and they taking your M.O. [methods of operations] and they following that man. So give them something that they need and understand that they all listening and we're guiding them. Music is guiding a lot of the youth that's coming up man. So we gotta understand that and go accordingly.

JJ: Word up. Out of the great classics that you have produced, do you have a favorite album of your own material?

Rakim: I don't know if it's a favorite album, but I do have like favorite songs that I did. It's funny; most of the joints I like is not the normal joints that everybody else likes you know what I mean? I like *Who is God...* I like – Yo, trust

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me when I did that record, long story short we was moving around and I was on the road but I was in the hotel. I remember, wifey was in the other room and I went in the bedroom part of the hotel and set up, you know let her watch some TV, I mean she understands what I do. Went in the room to get a little privacy, and started writing in the hotel man, *Who is God?* Wound up lying on the floor; remember lying on the hotel [floor] saying to myself like, “Yo, they ain’t going to understand this” you know what I mean? But I felt it was so important that I got that off because it was like I always wanted to do that. I knew that it was going to be complicated to do at the same time, trying to make the truth sound good or make actual facts rhyme you know what I mean? I knew it was going to be a challenge but it was something I knew I could do. I remember man just lying on the floor and as I was going through it, just getting certain parts of it and just being like amazed that it was almost written already. It was cra- [crazy]. It’s almost written already ‘cause as I was going through, elements was coming to me and what was dope was the mathematics, I don’t know if y’all [knew] I’m sure y’all do but the mathematics made its way through from knowledge to born through the whole song, the knowledge – you know what I mean? So its like the song was almost written and I just had to put it down and it was something I didn’t think that I could do because again actual facts and trying to make it sound – you know what I mean? Nah, this is ac-

tual facts, this is what it is. If it sounds obscure, if it sounds far fetched, that’s what it’s supposed to be, but me trying to take that and make it entertaining was a challenge within itself. Yo man, it was such a blessing as I was writing it, it was coming out beautiful and I was seeing it. It’s true to what it is man and if you true about the message it’ll be understood man. It was just a real blessing to be able to do that song, put it in song mode, and then for people to understand and get it. That’s one of my favorite joints of all time. *Always and forever (the 18th letter)*, and I like the joints like the *Punisher*, *Lyrics of Fury*, that’s the hip-hop that drives me. The joints I like are never the world’s common joints. I like joints in the album that was less appealing to the, not “commercial music”, but less appealing to the everyday Hip-Hop, I kinda stick to the abstract.

JJ: Word, that’s peace God. So for the viewers and readers, how can they find you on social media?

Rakim: *Rakim Official Site*, I got a Facebook site up Google ya boy, Rakim Allah, just punch in The God, punch in The R, or punch in The 18th letter. Peace.



© Victory Photography

Did You Know That Rakim Did’nt Use Any Curse Words on Any Album?

Beauty and Brains Connect



What's movin'? What's movin'? The City Connection Magazine is now in your area, bringing a spotlight to the urban scene throughout Hampton Roads. This evening we have a very special guest, an accomplished student, a very highly educated woman, and now an attorney. We are proud to introduce to you Miss Cheryl Kelly. How are you doing today?

Cheryl Kelly: I'm well. How about yourself?

Javone Johnson: Doing pretty good.

Give us a little history about your background and how you ultimately became the person you are today.

Cheryl Kelly: Well, I was raised in the 757 area by my mother. I didn't really have too much of an interest in being a lawyer until I was about seventeen or eighteen years old, when I just decided that I had to either be a doctor or a lawyer. I went to work at an attorney's office, and it turns out that I was good at it. My old boss used to tell me, "I don't think you really want to do this. This is hard work. This is stressful." I would say ... I'm good at it. It comes very intuitively for me, so I should just pursue it and I did. Long story short, went through the process: undergrad, law school, and now I'm here.

Javone Johnson: What school did you attend?

Cheryl Kelly: Initially I started off at Tidewater Community College. I think for anybody reading or listening, I think that community colleges are great options. Great as far as financial options. It does, I guess, limit your

Meet Cheryl Kelly Esquire

capabilities or your accomplishments at all. I went to TCC and got my associates there. I transferred on over to George Mason University, which is Northern Virginia. Got my bachelor's there in 2008. Then I took a few years off, did some traveling. I came back and went to law school at the University of Georgia in Athens, Georgia from 2012 to last year actually, 2015.

Javone Johnson: In the course of your training and education, were there any internships that you participated in?

Cheryl Kelly: I have always been a hustler. Outside of school, I've been a decent student but I've been a much better hustler outside of school. I found every single opportunity that I possible could. When I was in college, I worked for a lawyer up in Northern Virginia. When I graduated, I worked as a paralegal. I lived in Africa for two years, and I interned over there for a law firm. I came back, and while I was in law school, I clerked for a judge down here in Fulton County Superior Court, which was a very good experience. I interned for the Georgia ... Let me see. What was it called. Georgia Lawyers for the Arts, yes. Georgia Lawyers for the Arts. I interned there. I interned for a bunch of jobs; I worked my butt off. Let me see. What else did I do.

I interned for a couple of other small firms too, so it's kind of a lot to list. I also interned for the public defender's office in Athens, Georgia. I got a nice variety of experience while I was in law school and before.

Javone Johnson: Yeah, I see that your background is very diverse.

Cheryl Kelly: Yeah, I try.

Javone Johnson: Did you face any challenges in the course of pursuing your goal?

Cheryl Kelly: Yeah. I mean, like anybody would.

I went through some self-doubt, and some times when money was tight, financial situations weren't working out the way I would've preferred them work out. Things all ... All the challenges really work together to make me a much more resilient person. That's a very good attribute to have as an attorney because you're constantly at war with everyone, so you got to be able to take some punches and bounce back. I definitely faced normal money and student challenges.

I went to a school ... I won't say anything bad about my law school, but I went to a school that was in a not so diverse area. The student body was not so diverse. The faculty was not so diverse.

Javone Johnson: I understand.

Cheryl Kelly: It was tough on my confidence. A lot of the students who were in school with me come from backgrounds where everybody is a lawyer, and they're used to the level of critical thinking that you have to have, and I just wasn't yet. I wasn't there at the time. Luckily, I was able to come out of law school and get a job that I'm really good at. None of that really affected me too much.

Javone Johnson: Let me ask you this, what is your focus in law? What field

do you specialize in?

Cheryl Kelly: I am proud to say that I specialize in family law. I help people try to figure out where to go from here, when it comes to their children and their spouses. Things like that: divorces, custody, child support. I do a little entertainment law. I do! I also do some business law, so some contracts. Contracts, I do trademarks, copyrights, all that stuff.

Javone Johnson: Awesome.

Cheryl Kelly: Oh, let me add to that. I specialize in father's rights. I think it is super important for men to have very specialized representation because a lot of times, men are not given a fair shake at these family law issues. That's not what the law says in any state. The law is supposed to be fair, but a lot of attorneys don't really advocate that way.

Javone Johnson: Wow.

Cheryl Kelly: Yeah, that's what I do.

Javone Johnson: That's deep. What's your favorite?

Cheryl Kelly: Family law because it's scandalous. Love it, I do. I love family law. Every time I sit down with a new client, I go, "Your baby mama did what?!" Or "Your baby daddy did what? I can't believe that happened!"

Javone Johnson: Yeah. (laughs)

Cheryl Kelly: I don't know why it still surprises me, (laughs)

Javone Johnson: For the most part, I can see that you enjoy what you do.

Cheryl Kelly: I do! I love it. I love my job.

Javone Johnson: Do you have your own practice? Are you in a partnership with any firm, or?

Cheryl Kelly: At the moment, I am an associate attorney for The Law Office of Tanya Mitchell Graham, P.C. I am not a partner, but that is a goal of mine. Definitely something that I will be working towards. I anticipate that I will be a partner here, in the future. Right now, I'm an associate attorney, which basically means I work for the law firm. Eventually, I will be working towards a partnership with the law firm.

Javone Johnson: To back it up a little bit, just for the readers. Where were you originally from?

Cheryl Kelly: Originally Louisville, Kentucky.

Javone Johnson: Really?

Cheryl Kelly: That's right, I was born there, but I never say that. I never tell folks that is where I'm from because I don't remember living there. I lived in Virginia my whole life. As far as, when I was growing up. As far as I'm concerned, I'm from Virginia but I was born in Kentucky.

Javone Johnson: Life is

about travels anyway, you know?

Cheryl Kelly: Indeed.

Javone Johnson: Yeah. For young aspiring attorneys who are seeking to go into the same path that you're currently living, what words of advice or encouragement do you offer for them?

Cheryl Kelly: First of all, I would say ... Not to discourage anyone, but make sure this is what you want to do. Make sure that you're not afraid to work, because this is not ... You don't get to run around and say, "I'm a lawyer! I'm a lawyer!" But not work hard at it, because it's tough. Mentally, it's tough. As far as the time that it takes that you have to put into every single thing that you do, and the amount of focus that you have to have on everything, it's a lot. It's not just walking in and dazzling everybody with all your cool law that you just heard. You actually have to research the law in order to dazzle anybody.

I think, get used to writing. If you can at an early stage, go ahead and try to work on your writing skills. Work on your reading comprehension skills because sixty to seventy percent of what I do is ... Maybe even higher, is straight up reading. I

read laws, compare them to the facts that I have in my cases, and then I talk to a judge about it. That's my job, is to tell the judge why the facts of my case require a certain outcome based on the law. I would just encourage anybody to work on writing. Get some writing samples early. Get a mentor. Get a mentor, okay. That actually should be number one. That should be the number one thing to do. Get yourself a mentor who is in the position that you want to be in eventually.

When I first started out, I had a mentor who was an attorney. Eventually, I had a mentor who was a judge. I really collect these people who I can call at any time to get advice, help, connections, or whatever I need. That has been so valuable to me since twelve years plus now.

Yeah. Don't be afraid of hard work. Start writing and reading. Get you a mentor.

Javone Johnson: That's awesome.

Listen, I want to thank you for your time. Definitely, we'd like to hear from you again.



“I think it is super important for men to have very specialized representation because a lot of times, men are not given a fair shake at these family law issues. That's not what the law says in any state. The law is supposed to be fair, but a lot of attorneys don't really advocate that way.”

Cheryl Kelly Esq.



Our fitness columnist Sarah Keck

Hypertrophy and Strength

If you ask the common lifter what their main goal is in the gym, most people will say they aspire to gain size and strength. However, the one thing people fail to recognize is that to make these types of gains, you must follow two different types of training programs. As someone who crossed over from bodybuilding to powerlifting, believe me when I say it was a tough transition. Bodybuilding requires volume at a certain weight percentage and strength requires... well... really heavy weight. These two do not go hand in hand and one can actually be quite detrimental for the other. Some prefer the fast vigorous pace of hypertrophy (muscle growth) training vs the slow and steady powerlifting style training. It all depends on the needs of the individuals and what their goals are.

If you are looking to put on lean muscle mass in the gym, your best friend is going to be your rep count. The key to muscle growth is to lift in a 12-15 rep range at 60-70% of your one rep maximum. How do you find out what your one rep maximum is? You grab a buddy for a spot and you hit the weights. Start off with a good warm up. Dynamic stretching is your best friend when it comes to lifting. Dynamic stretching is movement that mimics what you are about to do. For example, body weight squats before weighted squats. This preps your body for the actual movement and will help reduce the risk of pulling muscles. Bodybuilding style training is a fast paced workout. With rest of 30-45 seconds in between sets, you are increasing muscular endurance along with increasing the size of your muscle.

If you are looking to gain strength, weight is your best friend. Finding certain programs are key to success if you are unsure of how to begin. I am currently following Jim Wendler's 5/3/1 program and it is working great! I have also seen results with Candito's squat and bench program through some of the people I train with. Both of these are great programs to push you in the right direction. The typical powerlifter stays in the 1-5 rep range and lifts anywhere from 70-100% of their one rep max. Slow and steady wins the powerlifting race. A big misconception is that doing more reps at a higher weight will help, but in all reality it doesn't. It takes away from your power source and you are not able to lift as efficiently as you could. If you are looking for a fun small gym to begin this style of training in, check out The Cage Gym in Chesapeake, VA or Iron Asylum in VB. I have trained in both of these gyms and really enjoy the atmosphere!

Whatever style you decide to train in always remember form is everything. Being safe, especially when using higher weights is essential to maintaining health and movement. Have fun and don't be afraid to try new things.

Behind the Scenes WTKR's Dominic Brown By Lady Meek



Shown above Meteorologist Dominic Brown



Shown above teleprompter



Shown above WTKR's staff



Shown above WTKR's Reporter Rachael Cardin



Shown above WTKR's staff

The City Connection Magazine

LM: What's Movin? What's Movin? The City Connection Magazine is here, at Channel 3 news and our special guest is Mr. Dominic Brown. How are you, sir?

Dominic Brown: Good, nice to meet you.

LM: Nice to meet you, too.

Dominic Brown: Good to be here.

LM: Well, let's get started.

Dominic Brown: All right, sounds good to me.

LM: Can you tell us a few things about what you do here at Channel 3?

Dominic Brown: Glad to do that. I am a meteorologist, so I help forecast the weather and I let everybody know whether or not we are going to see rain, snow, sleet, hurricanes, tornadoes. We are tracking storms but that's typically what I do as my role here as broadcast meteorologist.

LM: Okay, how did you get started as a meteorologist?

Dominic Brown: I think it really all goes back to when I was a kid and I looked at weather as more of a hobby. I loved thunderstorms and severe weather as a kid which ... that's the same look that a lot of people give me. I remember growing up in my grandmother's house.

They lived next door, our family in Georgia, they had this big window in the living room and often when we had thunderstorms coming through, you know how your grandparents and parents say "Go sit down." We had to go sit down on the couch, and typically it was me, my brother, and my cousin. We were sitting in front of this big window, probably one of the last places you need to be but still I used to love seeing the rain, the lightening that sort of thing and I think that's what really triggered that interest but I didn't think I could ever really do math and science as a career.

I was fine with it in school, it's just that I never really thought I could do that as a career so it was more of a hobby. Plus I grew up during a time that you guys probably remember the same time, when it wasn't easy to get in contact with the meteorologist. We didn't have Wi-Fi back then, we didn't have really much of the internet back then. You had to write a letter, you had to put it in the post office, put it in the mailbox. Send it to the local TV station and hope it gets back. I didn't have the ease that a lot of people have now, when you're trying to send a message to someone and instantly they can say, "Hey yeah, come on in for a station tour."

It really wasn't until I got to school, my undergrad, University of Georgia, and I had an internship in Atlanta. I was a journalism major in Mercer, Georgia, an internship in Atlanta. We were going out almost every day, scenes of murders, fires, you have to do the same thing over the next day. That wasn't me. I had a chance to go to the weather department and talk to the meteorologist there. That's where everything came full circle for me. That's when I knew I had to pursue that degree in weather, and I did.

LM: Interesting. Can you tell us the schooling, the education, the skills that you need to have to become a meteorologist?

Dominic Brown: Absolutely. My track is what some folks do, they have a journalism track, a meteorologist track, some folks just go the meteorology. I'm glad I have both tracks, because I can do a lot of things here in the broadcast industry. As a meteorologist you have to take a lot of science, you have to take a lot of math. I think a lot of people would be interested, maybe not, they would probably be surprised at how much we have to study in the upper atmosphere. People have no idea that science level that we have to go and take in order to get that degree. There's a lot of

math and science. Then there's that TV aspect of it, too, that you have to incorporate into your career. Not everybody is good on TV, and not every meteorologist is going to be good on TV. You have to work with that and make that a part of your skills and craft, as well as perfect it. But, I went to University of Georgia for a journalism degree and I have a master's degree in science, in geo science as part of this meteorologist process from Mississippi State.

LM: How long have you been a meteorologist?

Dominic Brown: A little more than 8 years now. It's flown by. I started out in eastern North Carolina, in New Bern, North Carolina, that was the Greenville, New Bern area. I was there for about 4-1/2 years, and then I moved here and started in June 2012, here at News Channel 3.

LM: Can you tell us the challenges you face here?

Dominic Brown: I think being in this career, first thing is the hours. The hours are very challenging for a lot of people because you have to work sometimes long hours. Sometimes you have to come in very early in the morning. Sometimes when I fill in on a morning show I get up at 2:15 AM. I'm here at the station by

3:30 AM, we're on the air at 5. Then I get off at 12:30. If I'm working in the evenings, I come in at 2:30 or sometimes I'll come in at 1:30 and I get off late. There was one instance back in February 24 of this year where we had a tornado. I worked the morning show, I did the news show, I went home and took a nap for an hour, then I came back at 2 o'clock in the afternoon and I worked until 10:30 because we had sphere weather tornadoes.

Those are not typical days, but the hours can be very challenging to the point where it's hard to get in a normal schedule. The other thing is when you're first starting out in the business, and when you're still young in the business, you don't have an opportunity to see your family as much. There are going to be some holidays where you have to work. There are going to be some holidays where you'll miss out on things going on at home. I've missed out on a lot of Christmases from home. Luckily though, I have friends and family in this area, who I call my extended family.

I have best friends, too, that I'm able to go to their houses, or parent's house, to have that Christmas meal, open up a gift, and make it feel like I'm home with my own family. The hours, be-

ing away from family, that can be very challenging. Being in the business, also, the pay is not great right out of school. Folks who try to go into this business, they have to understand that the pay is just not good. A lot of times you're going to start out at a small station, in a place that you have no idea where you are, and you probably never thought you'd live there. Have very few friends, but the pay is really low.

It takes a lot of time, through experience, building yourself up, putting up your resume, your experience levels and then going into bigger cities to do that.

LM: What are your likes about your job here?

Dominic Brown: My likes, there are a lot of likes here at WTKR. I love the people I work with, I've made so many friends by being here. I had friends here before I even moved here, and I've made a lot of friends along the way here just at this station. I think that helps out a lot. When you have to work long hours. We have that support at work, I could write up a whole list of people who I'm close friends with. I think that's the top thing that I love the most.

I love severe weather, I love that we have the opportunity to forecast that weath-

er and let people know what's going to happen in their area, before they hear it from anybody else. We're the people, the first warning storm team. That we can let people know, "Hey, we're going to have severe weather in your area today. We're going to be the first one's to alert you of that severe threat. Then we're going to help you plan for that and take you through the storm and take you through even after the storm. I love that part. I love that tribune, I love that WTKR News Channel 3, our bosses, they have given us the equipment and they back us when we have those moments when we have severe weather.

Snow, things of that nature, they help us through those times, and those events with the technology, with the support that we need to go through that. Then, like I said, it's just a great area to forecast in. Challenging, that's a challenge by the way, this area is crazy. It's a good crazy. The weather changes a lot, as an example if you just wait a few seconds or a few minutes then the weather is going to change here here in Hampton Roads. It's also a good thing because you're constantly learning. It keeps us on our toes, it keeps us growing in this industry and not settling.

That's a good thing, I think. Challenge with the weather, Hampton Roads is always challenging but at the same time it's a good thing for all the learning.

LM: Do you have a certain radar that you look at every single day, that you know tomorrow's going to be sunny, the next day is going to be raining?

Dominic Brown: We look at a lot of different computer models. We have a lot of models that are here at News Channel 3 that we have in our weather center. We, of course, look at radar all the time, we have satellite radar composites. Also there are certain models online that really invite an access. It's just a matter of can you interpret those models, not everybody can do that. You think about certain times of the year, when it's cold and you see some precipitation on a map, then it could mean we're talking about something more than just rain, it could be snow, or sleet, or even freezing rain.

We have a lot of models that help us along with the radar, so we can let people know what's going on with the weather.

LM: You told us about how a challenging day can be, what is a typical day like for you?

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Dominic Brown: Nothing's typical. I take that back, a typical day can be ... right now I work in the afternoons, I come in at 1:30 in the afternoon and I work until 10:30 at night. That's during the week. I come in, I forecast with our chief meteorologist Patrick Rockey. We bounce ideas and what we're seeing on the maps, so that we can tell the most accurate forecast that we can. We put our graphics together, we set our forecast, we make certain special graphics. I type up close captioning. I type up our weather discussion that appears on WTKR.com.

I do that all that stuff and then I get prepared for the 4 o'clock show. Then I go on at 4 o'clock, or 1st and 4. I take a break and then I do some social media. That's when I start doing some more social media, letting people know what's going on here at News Channel 3, but also I find some interesting weather links, or interesting things in general for Facebook and Twitter. I lead the 7 o'clock show on WGAT, CW 10-27, Cable 7, I do the weather on that show, too.

On the weekends, because I still do weekend weather right now, my typical day starts out in the afternoon at around 2:30 or so. Then it goes until about 11:30.

Because the weekend, we all know that we love sports. Sometimes the sports, whether it's college basketball or we're talking about golf on CBS, if it goes long, we get pushed back. There's some days ... that's why I say sometimes not typical because there's some days where we left here at 1 am, because we have to go on late, because of some sporting event, or something of that nature.

LM: Are you furthering your career or are you just a meteorologist?

Dominic Brown: I'm always thinking about how I can further myself. In this career I've had some great opportunities here at News Channel 3. Being here almost 4 years, it's been a great experience because my bosses, both past and present have given me opportunities that sometimes ... it's interesting, sometimes your like, "Should I really be doing this for my career?" Then you look at it and it's like, "Yeah, this is actually a good thing to be doing. This is actually something really, really good, because you just never know." You never know what God is going to do in your life, and then eventually you start seeing the results.

It's like, "Wow." I've had an opportunity to be a meteorologist. That's my main goal, but I also anchor

news, I've reported news and weather. I've been on this team of breaking news, whether it's been breaking weather with snow, or something like that. Even when it's a fatal car crash, I've been able to do that. I've done sports here. I've been able to do a lot over just the course of 4 years here and then a lot over all those more than 8 years.

Now that I'm mainly just focusing on weather, it just gives me the opportunity to just focus on weather. It's a good thing, too, and focus on the social media part. Access people who are not watching Channel 3 at 4, 5, at 36, 7, 10, 11, with all of our shows even the morning and weekends. I'm able to access them on social media, too. That helps me, by just focusing on weather, it gives me the opportunity to go into that and reach out to people online, too.

I've been able to do a lot. I look at this as a great career and a great platform. Just to have the opportunity later, if something comes up later on, then hey, I'll definitely evaluate it, but right now I do enjoy being a meteorologist.

LM: You mentioned you have been the breaking news, things like that. How do you get informed more, do the radar or do the police station notify you immediately, you go right out

there to the scene?

Dominic Brown: Yeah, taking you to the news room earlier, we have an assignment desk, employees who, that's they're job. Taking phone calls, taking emails, getting tips from police, and viewers, letting us know what's going on in their neighborhood, things of that nature. When you're out in the field, you're day could start out great, you know exactly what you're doing. You're doing coverage, you know who you're going to go talk to, but then you get that call from the station, you look at your phone, "Oh boy.:"

That can be something different. It can be the anything, it could be anything. I remember, I'll tell you, one was ... I was doing a weather story, on the oceanfront, in Virginia Beach. It was an evergreen story, meaning there can really be aired at any point that week. I got a call and we were on our way back, the photographer and I, to Norfolk. I got the call from the assignment desk, and the assignment desk person said, "We need you to go to this story in Virginia Beach. You're the only person that can do it." I said, "Okay, that's fine." It ended up being a fatal car crash. Where 2 teenagers, the driver survived, the passenger did not.

Behind the Scenes

They were speeding up a shore drive. You're day starts out great, but then it completely changes in goes to a 180 in a matter of seconds just because of a phone call. Then you're there on the scene when the family comes up. You start hearing cries. The photographer he had a young son at the time, she said, "I can't do this." I said, "Let's go, we can't be here." It can change very abruptly, but that's usually how we get it, we get phone calls, emails from the assignment desk. Emails from the public, letting us know, tips on Facebook, Twitter, letting us know what's going on.

The police will send out releases, as well. That's how we typically get our information and it's a curvy road sometimes when your day starts to the time that it finishes.

LM: What advice can you give someone that may think about becoming a meteorologist? Or being in one of the positions here?

Dominic Brown: Whether you become a meteorologist, an anchor, reporter, producer, being in this industry, you have to have a mentor. You have to find a mentor, that person will help with your backbone,

through this career. When the day isn't going good, you can call that person up, or even text that person and say, "Hey, I need some advice." They will give you that advice, as well. When you're even going through school, trying to figure it out, I think that mentor will help guide you along the way.

I have a couple of mentors that I can call upon. Both of them are in Atlanta, and I've had some more along the way, too. It's great to have that backbone and that support, just giving that guidance. I think another thing, internships. You've got to have an internship.

Dominic: It will teach you a lot. It will tell you whether or not this is what you want to do, and if it is what you want to do, do you want to specialize in something? Or do you want to be a general assignment reporter? Do you want to specialize in the weather? Or do you want to go out in the scene to murderers and priors and things of that nature? Or do you want to anchor? A lot of times you have to report to anchor. You got to do that building block there. You've got to report to anchor. That's what happened with me when I was in my in-

ternship, my first one. At that time, I was like, weather was still a hobby. I loved weather, but at the same time, I was going through this news track. Then, every single day when I was going out with my mentor or other people, I'd just start to see the toll that it took, just on me personally going covering these stories and then taking it home with me.

My love for weather came back during the internship. That's when I knew, I was like, "This is what I've got to do." Then I had another internship in New York, it was like, I knew exactly this is exactly what I want to do. Internships and mentor. Those are really the two biggest things. I think also just realize that just because you see someone on TV, local news, national, just because you see us looking good, got the straight black tie, we have the suits on, the ladies have the dresses on, got the makeup, all that type of stuff, it's not all glitz and glamour, starting out. Starting out. When you come out of school, you have to realize that you're going to be making, you're not going to be making a lot. If you can continue to do it, and stay positive and have those goals. You got to know where you're going. It might not be clear. You might necessarily see the finish line right off, but if

you can stay on that track, you're going to be okay.

You're going to make more money. You're going to be in a bigger city. You'll have access to bigger things, and more things, and make more friends. It's just a matter of staying focused and just believing in yourself that you can actually do this. It's a tough road sometimes. It's not easy, when we talked about challenges, being away from family, moving to a place you have no idea what it's about, having no friends there, making low pay, maybe having one or two roommates. Eventually, along the way, it's going to get better. It's going to get better. Just realize that all the glitz and glamour is cool. We have some great people in our newsroom who have been working here for years. Years. They can tell you that they had to start from the bottom. Now we're here. Start from the bottom. Now we're here. That's what it is. Originally had one of our other anchors. We left and she's now going national. It's just the thing, it's like you just never know. You've got to stay focused and you got to believe in yourself.

LM: Do you communicate with other meteorologists that's not here in channel 3 news?

The City Connection Magazine

Dominic: Yeah, I communicate with a lot of meteorologists in this market and outside of this area too. What's so interesting and what's so awesome about Hampton Roads, I'm the first black meteorologist here at news channel 3. The history. You heard the history a little bit. This building has been here a long time. This station's been here a long time. Started as WTAR, now WTPR. I'm the first black meteorologist at this station, so for more than 60 years, there had never been one. Then I came here. That's a huge huge responsibility and a huge honor.

LM: Yes, yes.

Dominic: Huge.

LM: Very.

Dominic: We're talking about years. There are talented meteorologists in this area. To be the first meteorologist here? That's a lot. I'm honored. I am so honored. Now I'm so honored when I hear students saying, "That's what I want to do." I say all that because now, WAVY, NWBC, they have meteorologists on their teams too. Lightning girls. Black female meteorologists. All 3 of us had a chance to meet about a month ago, at a medium

for Hampton Roads black media professionals, for the first time. All 3 of us. I had already met 1. Ayesha Scott, I already met, you know Ayesha Scott from channel 13. Then I met Deidre Tate from channel 10. We took a picture, all 3 of us. We put that in the caption, I put it in the caption on Instagram and Facebook that "This is a huge deal. This is a big deal." Actually, I said it was a big deal. Someone said, "No, this is a huge deal." Another black meteorologist in Columbia, South Carolina, she said, "No, this is a huge deal."

You don't typically see that, having a black meteorologist at each station. Anywhere really. It's very rare that you find that. To have that here in Hampton Roads is awesome. We communicate all the time. We'll like each other's picture on Twitter or Facebook, or we'll see each other somewhere in public, whatever but. I do communicate with a lot of people. Just to have that though, just to have that representation in this area, is a huge deal.

LM: Do you and the other meteorologists communicate when it's like a severe weather, bad tornado coming? Do they help give you information, what they see?

Dominic: You know, typ-

ically not because even though we are friends, and we know each other, we're also competitors. I will help them out. Most definitely, because I know they will help me out too. That's the type of friendship that we have. At the end of the day, channel 3 is competing with the other stations too. We have our own teams who will go out and give us the information. I work with my colleagues, Miles Henderson and Patrick Rocky here, we go through it. We have severe weather and we go through those long hours with wall to wall coverage. That's typically how we do it. Some of the meteorologists, I mean, hey, if they have something that I see on Twitter or whatever then I want to see if we have it too. We're just competitors.

JJ: I just want to say thank you for giving us the opportunity and giving us a tour of the showroom. It was very very informative. I was back here stunned with the information that you provided. I think it's very encouraging that youths see that they're in arms reach of your local news crew.

Dominic: Absolutely. I think, you bring up a good point, because I think I alluded to this earlier is that being in news, we have to cover a lot. We cover some positive news but we also

cover a lot of negative news too. People totally listen in this community. Most recently it was a teacher. She said, "We need more black faces like you on TV here, in this area." Again, it's a huge huge responsibility because often what we see? Mug shots. We have to report it. We have to report it. It's also good to know that you hear from people who say, "We need more of you in this area." There's still a void and we need more black faces in this area for our youth to see that you can do more. You can do more. That's just it. You can do more. you can do anything that you want to do. You really can. I appreciate you saying that. Again, I'm grateful.

I have to give my bosses a shout too. I'm grateful for them. I'm grateful for Ryan Minnow, our news director here and Skip Valet, he's our general manager here at WTKR, WTNT. They have really out things in motion for this station to be a leader in this market. I can't wait for you guys to see what happens later on. We're really excited, what will happen in the next several months.

JJ: Before we go, we got to get the history of the name. Because I was saying Dominic Brown. Then my business partner was like, "Hey,

it's Domini[s], man." I was like, "No, but it's spelled Dominic."

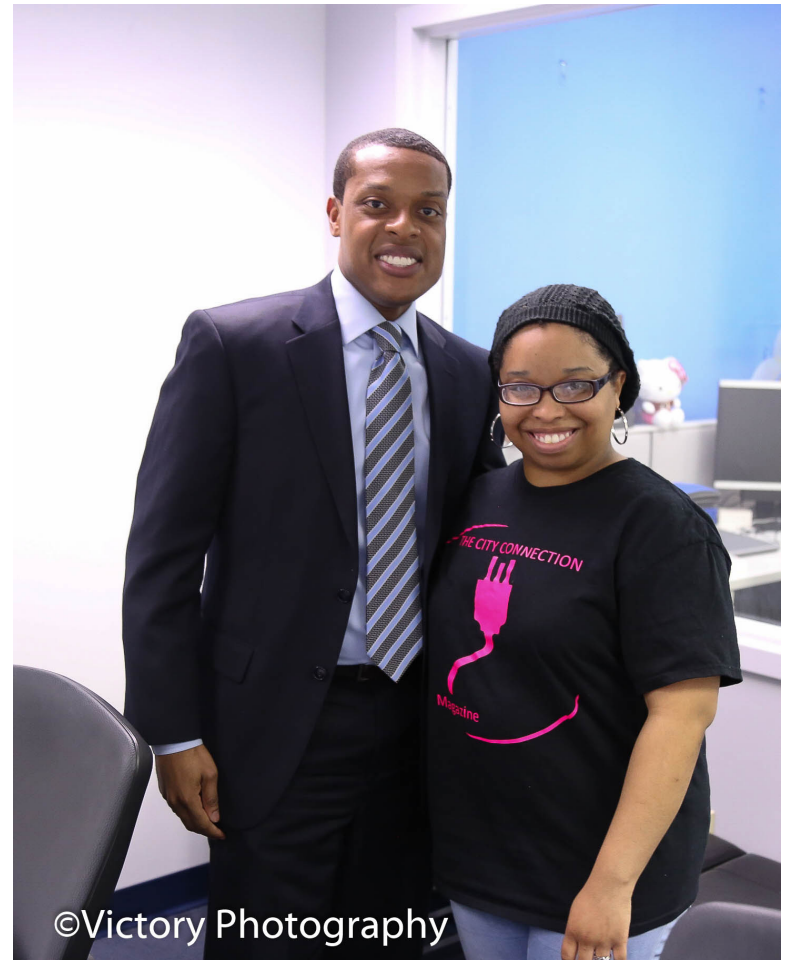
Dominic: My name was spelled as Dominic. D-O-M-I-N-I-C. But it's actually pronounced as Dennis the Menace, Do[menace], so Dennis the Menace. I was named after my dad. He's really the only Do[menace] that I really know. It's a family name. A lot of people ask whether or not I'm from the islands, or if my family's from the islands. I have not idea, cause y'all hear Dominican Republic. Dominic or dominican, or however you want to pronounce it. I have no idea if my family is from that area but it's a family name. What's interesting, before I moved here, before I moved to North Carolina, there are a couple of stations who wanted me to go by Dominic, or they wanted me to change the spelling of my name. Take off the C, add an S, put a couple of Es in the name so that they can actually-

JJ: Interesting.

Dominic: Oh, yeah, oh, yeah. You can say Do[menace] and it looks more like Do[menace] on the air, or go by a nickname. I don't have much of a nickname. Really, I don't. A lot of friends call me D. That's not going to work. Luckily, knock on wood, wherever the wood is in the room,

my bosses, both past and present, have allowed me to keep my name the way it is. Again, it's a family name. It's who I am. It's a part of me. Hopefully I can continue to do that as I continue this business. It's a part of me. It's just a part of me. Some stations wanted to pay me more money to start than I did in North Carolina. But that was the last thing, it was like, "So let's talk about your name." That as always the last thing in the interview. I've been very blessed in that part. Do[menace] spelled as Dominic. You got to hear it before you see it. Even once you see it, let's hang out to Do[menace], okay? That's it.

LM: Well, y'all heard it from Mr. Do[menace] Brown. Thank you for having us and hope to see you soon.



Shown above WTKR Meteorologist Dominic Brown and interviewer Lady Meek.



Shown above WTKR Meteorologist Dominic Brown and Javone Johnson

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Shown above WTKR's Ancor Les Smith, Javone Johnson, and Barbera Ciara



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Stop The Violence and Save the Babies!



Fashion News



Shown above our fashion columnist Dymond Gaiters

One of the biggest obsessions to date are sneakers. Everyone is trying to get their hands on all of them. Many people are constantly expanding with different shoes having different price values. Almost like collecting cards or Pokémon people are trading, buying, and reselling them getting rid of what they have to get what they want. Shoes is now be a career people can obtain and profit from. This type of business really became big in 06-07 when flight club changed their name from vintage kicks. In 2011; reselling shoes exploded

with the Jordan's concords. When they were released everyone wanted them for either themselves or somebody they knew.

People saw the potential profit from having the shoes that everyone wanted and upping the price. Just like that, light bulbs went off in a vast amount of people and so it begun to be an extremely popular thing to do. This paved way for Virginia's own Round two founded in the city of Richmond. It had become extremely popular in Richmond gradually building its name until every true sneaker head around the country knew their name. Now they have ex-

panded and brought two stores to California. There are tons of small business owners gaining popularity and are following in the foot step left before them.

Even through much of the public love sneakers there are differences between the sneaker enthusiasts. There are some individuals who mainly buy shoes to resell. This can make it hard for people who are actually wanting a certain shoe. This is especially a problem when there is very limited stock on a certain shoe. Shoe resellers will juristically inflate the price to where if you want a specific shoe you have to give your right leg including your entire wallet just to get a certain pair or kicks. This can make other honest resellers jobs a little harder because customers are more apprehensive to buy from them. But in the other hand if people want it enough they will go to no extent to get the shoe to up there collection.

There is also the sneaker connoisseur. This is the guy who can tell you all about the shoe and have a specific reason why he copped each shoe. You know this guy can look at the shoe and remember the year it came out, collection, and the history of them. I have known people who can tell you all about the Jordan's. What game Michael Jordan wore them in, the year, and even game points scored while wearing them. These kick fiends truly love shoes and the history of them. It's not just a business for them it's a passion. They love kicks and everything about them and want to continuously learn about them. Of course it goes without saying but they

too have a nice collection. Unlike some other collectors theirs are usually of quality and have some type of emotional attachment to certain pairs or a real must have for their closet for them to wear. They usually are the experts and know the game better than anyone else.

Although people have been into shoes for a long time particular brands are more popular than others. Celebrities are definitely attaching themselves to brands making the consumer flock to them. If a big time celebrity's shoe drop the word spread like wildfire. Everyone is lined up to cop their favorite celebrity's kicks. This is great for that brand because it brings in money for them. If a company gets the right celebrity it can lift them to the top of the chain making them the more desirable brand on the market.

No matter the age of the kicks enthusiast they are trying to get their hands on every shoe. Rather they love or just want it for profit many collectors are striving to build their collection. People are diving head first into sneakers starting out young and becoming more into it as they grow older. Growing more of an appreciation as they gain knowledge of the shoes they put on their feet. The sneaker game will continue to expand so if you can't beat them, join them.

@lingisdope

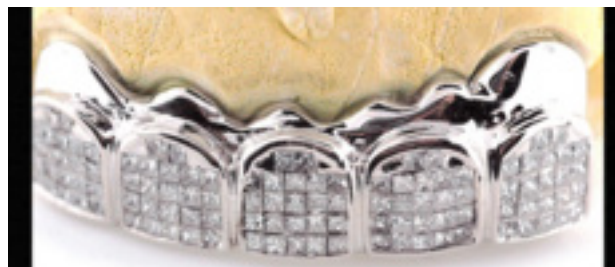
Model Spotlight

Name: Miata
Age :22
Ht:5”7
Wt:157lbs
From:
Danville,Va
Education:
Graduate
Virginia State
Major:
Criminal Justice



Miata

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Shown above Virginia's own Star Trek artist Famlay

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Shown above Model Bernice Burgos



Shown above Fabolous and Model Bernice Burgos

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